



Emotionally Nutritious Words

Describe what is *right* about the person in front of you.

In the Nurtured Heart Approach®, created by Howard Glasser, this type of recognition is called Experiential Recognition (what you see + the value).

Ask yourself "What is so great about what I am seeing?" or "What do I appreciate about this moment in front of me?" Remember to stay in the NOW and relentlessly refuse to admire in silence.

Here is an example of how you may use these words to recognize and reflect what is "right".

"I see, notice, etc. that you are (fill in emotionally nutritious word) because (describe specifically what evidence you have of this by their actions)."

A joy	Appreciative
A good friend	Attentive
A great example	Attentive to detail
A hard worker	Being Wise
A helper	Brave
A great listener	Bringing out the best in others
A warrior of good	Being Inspirational
A spirit warrior	Brilliantly thinking
A problem solver	Being powerful
Able to think ahead	
Artistic	Compassionate
Attuned to others	Centered
Aware	Cooperative
Authentic	Creative
Acting creatively	Courageous
Acting responsible	Constructive
Admirable	Clear

Committed	Harnessing your energy for good
Courteous	Handling strong emotions
Content	Having unique ideas
Connected to others	Having a servant's heart
Creating a peaceful place	Honorable
Contributing to a quiet classroom	Honest
Considerate	Humorous
Capable of solving problems	Humble
Dedicated	Independent
Deep Thinker	Inspiring
Determined	Inquisitive
Discerning	Intuitive
Demonstrating integrity	Intelligent
Delightful in spirit	Inquisitive
Exceeding expectations	Joyful
Efficient	
Easy to like	Kind
Empathetic	Kindhearted
Eager to learn	
Energetic	Loving
Encouraging	Looking out for others
	Likable
Fearless in learning	Lighthearted
Fair	Logical
Faithful	
Focused	Managing your time well
Forgiving	Making great choices
Full of generosity	Making an insightful inference
Full of ...	Making a solid educated guess
Flexible	Motivated
	Mindful
Generous	Merciful
Gentle	
Giving of your time	Neat
Giving	
Grateful	Organized
Genuine	Open minded
Good-hearted	Overflowing with thoughtfulness
Gracious	Overflowing with patience
Helpful	Observant

Polite patient	Thankful
Positive	Thrifty
Peaceful	Tactful
Powerful	Thoughtful Understanding
Powerfully spirited	Using a pleasant voice
Productive	Using your great mind
Purposeful	Uplifting
Passionate	Unifying
Pleasant	Understanding
Persistent	
Quiet	Vibrant
Questioning	Visionary
	Vigilant
Reasonable	Warm
Relationally focused	Wise
Respectful	Well-mannered
Respecting of self	Welcoming
Responsible	Weighing your choices
Refined	
Receptive to new ideas	Youthful
Relentless in finding the answer	
Relentless	Zestful
Seeing the big picture	
Sensitive	
Sensing what is right	
Sincere	
Self-controlled	
Sunshine to others	
Showing Interests in Others	
Showing wisdom	
Steadfast	
Strong on the inside	
Trustworthy	
Teachable	
Tenderhearted	